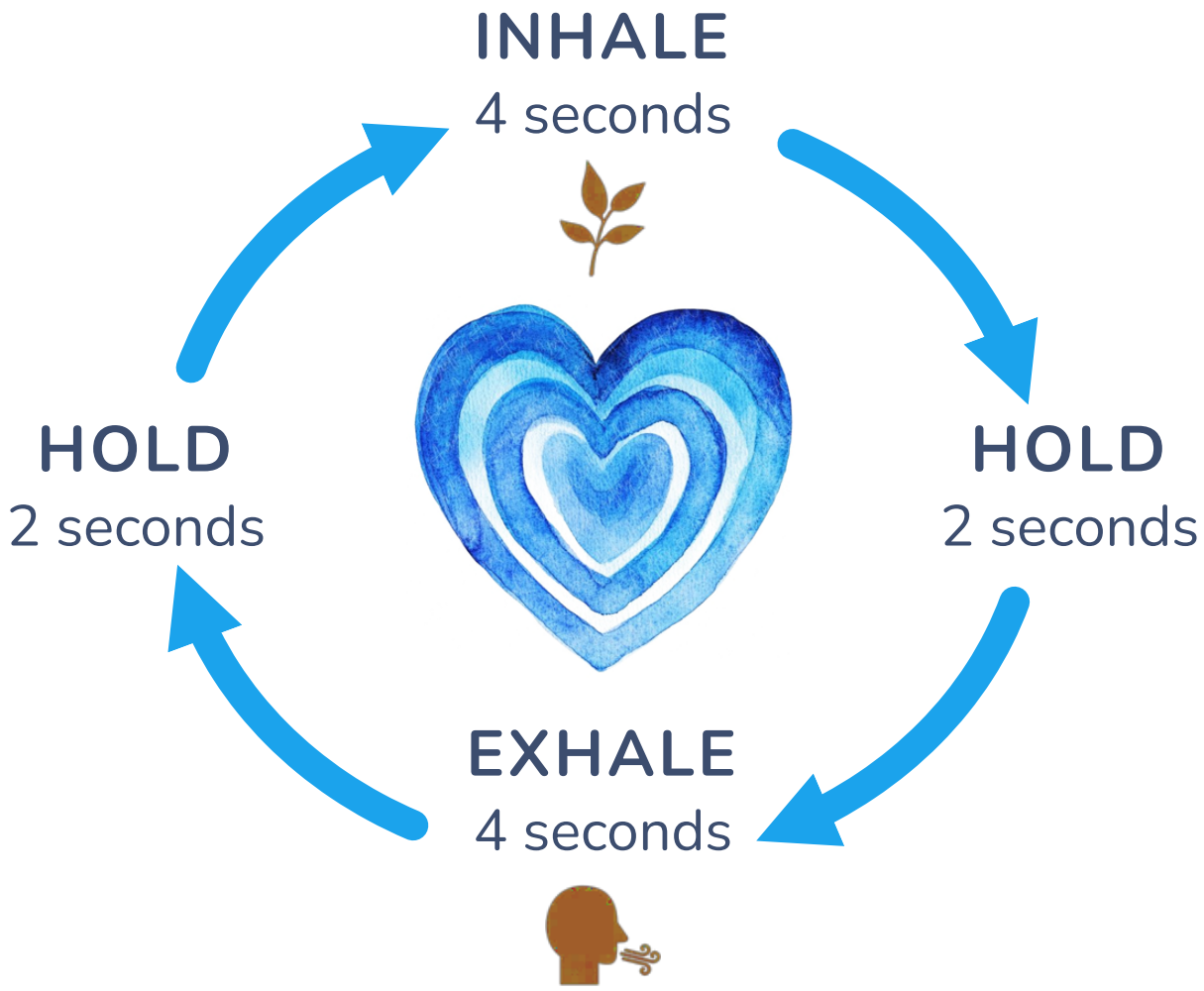
Let's Breathe Together

Close your eyes. Follow the heart around the circle.



1. Sit somewhere comfy and close your eyes.

2. Breathe in through your nose, out through your mouth.

3. Go around the circle three times.

Imagine a warm light wrapping around you: soft, gentle and safe.